



Name: \_\_\_\_\_

### Inside Out Project Checklist:

*Please check all of the following to insure that your project meets all submission requirements:*

Yes	No	
		Does the project include the three INShape Indiana focus areas of <b>nutrition, physical activity, and avoiding tobacco?</b> Students can choose to focus on one, but must include all three.
		Was the project turned in using any one of the following formats: <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <b>For Commercials</b>            a. CD/R            b. DVD/R            c. VHS tape         </div> <div style="width: 45%;"> <b>For Songs or Jingles</b>            a. CD/R            b. DVD/R            c. VHS tape            d. Cassette Tape         </div> </div>
		Has the school's PROMiSE representative approved the project?
		If submitting a commercial, is it one minute in length? If submitting a song/jingle, is it between one and three minutes in length?
		<b>[If submitting a song]</b> Is a copy of the lyrics included?
		Have you included a half page double-spaced narrative/explanation of your project?
		Were you enrolled as a ninth grader for the 2006-2007 school year?



Indiana Students Indicating Determination  
to End Our Unhealthy Trends

*Students must submit a draft of their project for review to their school's PROMiSE representative before [Date-varies by school].  
Projects must be completed and turned into the school's PROMiSE representative on or before **August 22, 2007**.*

